Violetta
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After your massage

General tips for the day after a massage therapy session.

How you might feel

- Many people feel relaxed afterwards. Some feel a little tired.
- After deeper work, some people feel a little sore for a day or two, much like after a workout.
- After lymphatic drainage, a few people feel tired or have a mild headache.

Gentle movement

- Move gently through the rest of your day. A short, easy walk is a good choice.
- If you sit for long hours, get up and change position often. Canada's movement guidelines suggest breaking up long periods of sitting.
- Avoid anything that hurts. Stop if it does.

Water and rest

- Drink water when you're thirsty, as you would on any other day.
- Give yourself some quiet time if you can, and get a good night's sleep.

Contact your doctor if

- pain is severe, gets worse, or doesn't settle after a few days
- you notice new numbness, tingling or weakness
- you have a fever, or skin that's red, hot or swollen
- you have pain or swelling in one leg

Call 911 if you have chest pain or sudden shortness of breath.

Before your next session

Tell your massage therapist how you felt afterwards, and about any change in your health or medication. You can always ask for lighter pressure.

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General information only. It doesn't replace advice from your doctor or an assessment by your massage therapist.